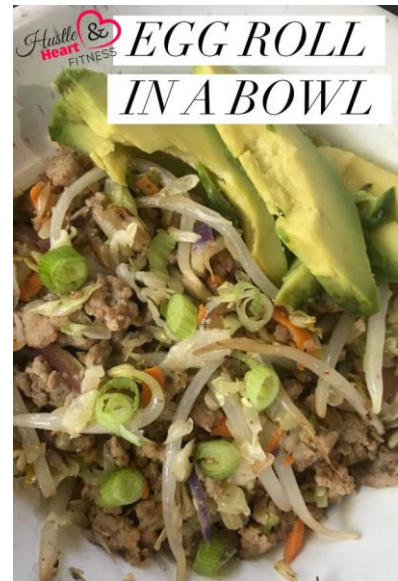


INSTANT POT EGG ROLL IN A BOWL



What you need:

- 1 pound ground turkey (pork, chicken, beef)
- 1 package of coleslaw mix
- 1/2 cup bone broth
- 1/2 medium onion, thinly sliced
- 1/2 cup bean sprouts
- 1 tablespoon sesame oil
- 3 T soy sauce or liquid aminos
- 1 clove garlic, minced
- 1 teaspoon ground ginger
- Salt and pepper to taste
- 2 stalks of green onion

What you do:

1. Place Instant Pot on sauté. Wait until it's hot and then add turkey (or meat of choice). Add seasonings and soy sauce and brown meat. If you are using a lean meat (like ground pork or turkey) you will not need to drain it when its done. If you are using a higher fat meat (like ground beef) you will need to drain when browned.
2. Add sesame oil, garlic and onion to pan with browned ground turkey. Mix together and continue cooking over medium heat.
3. Mix soy sauce, garlic, and ground ginger together in a small bowl. Once onions have browned, add the sauce mixture to the pot.
4. Turn Instant Pot off and add the 1/2 cup bone broth. Add bag of cole slaw mix on top, and bean sprouts and DO NOT stir. Place lid on and turn knob to sealing position.
5. Set Instant Pot on manual high pressure for 0 minutes. If you have a newer model Instant Pot, you select the pressure cook button instead for 0 minutes. And, yes 0 minutes is totally a thing. Just keep hitting the - button until the timer reaches 0.
6. When timer is up, preform a quick release. When pressure is released, open carefully and give everything a quick stir.
7. Garnish with salt, pepper, and green onion.
8. Spoon into bowls and enjoy